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WHAT IS CLAIMED IS:

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2 Sub A7
1. A shoe outsole comprising:
a member having an upper surface, a lower surface and a heel section, the member
further having an aperture in the heel section extending from the upper surface to the lower
surface; and
a resilient, flexible first cushion disposed on the upper surface of the member in the
heel section, the first cushion being shaped to protrude through the aperture.
 2. The shoe outsole according to claim 1 wherein the member comprises rubber.
 3. The shoe outsole according to claim 1 wherein the member comprises a
thermoplastic resin.
 4. The shoe outsole according to claim 1 wherein the member is formed by
molding.
 5. The shoe outsole according to claim 1 wherein the lower surface of the
member has a groove formed therein to enhance the flexibility of the member.
 6. The shoe outsole according to claim 5 wherein the member has a width, and
the groove substantially traverses the width of the member.
 7. The shoe outsole according to claim 5 wherein the member has a perimeter,
and the groove has a closed-loop shape substantially parallel to the perimeter of the member.
 8. The shoe outsole according to claim 5 wherein the groove has a substantially
semi-circular shape.
 9. The shoe outsole according to claim 1 wherein the lower surface of the
member has a grid pattern formed therein to enhance the flexibility of the member.

1 10. The shoe outsole according to claim 1 wherein the upper surface of the
2 member has a grid pattern formed therein to enhance the flexibility of the member.

1 11. The shoe outsole according to claim 1 wherein the first cushion includes a
2 protrusion that protrudes through the aperture.

1 12. The shoe outsole according to claim 1 wherein the first cushion comprises a
2 polymeric gelatinous material

1 13. The shoe outsole according to claim 1 wherein the first cushion further
2 comprises a flexible, resilient sheet.

1 14. The shoe outsole according to claim 13 wherein the sheet comprises
2 polyurethane.

1 15. The shoe outsole according to claim 1 wherein the upper surface of the
2 member includes a recessed area for receiving the first cushion.

1 16. The shoe outsole according to claim 1 wherein the lower surface further
2 includes a recessed portion disposed around the aperture.

1 Sub A 27 17. The shoe outsole according to claim 1 wherein the member includes a
2 plurality of apertures.

1 18. The shoe outsole according to claim 1 wherein the member further comprises
2 a sidewall along the heel section of the member, the sidewall including a cut-out portion.

1 19. The shoe outsole according to claim 18 wherein the cut-out portion is a slit.

1 20. The shoe outsole according to claim 18 further comprising
2 a second cushion disposed in the member adjacent to the cut-out portion.

1 21. The shoe outsole according to claim 20 wherein the second cushion is capable
2 of protruding through the cut-out portion.

1 22. A shoe outsole comprising:
2 a member having an upper surface, a lower surface, a heel section, and a sidewall
3 along the heel section, the member further having an aperture in the heel section extending
4 from the upper surface to the lower surface and a cut-out portion in the sidewall; and
5 a resilient, flexible cushion disposed on the upper surface of the member in the heel
6 section, the cushion being shaped to protrude through the aperture and to protrude through
7 the cut-out portion.

1 23. The shoe outsole according to claim 22 wherein the first cushion includes a
2 protrusion that protrudes through the aperture.

1 24. A shoe comprising:
2 an upper; and
3 and outsole permanently fixed to the upper, the outsole including
4 a member having an upper surface, a lower surface and a heel section, the member
5 further having an aperture in the heel section extending from the upper surface to the lower
6 surface; and
7 a resilient, flexible cushion disposed on the upper surface of the member in the heel
8 section, the cushion being shaped to protrude through the aperture.

1 25. The shoe according to claim 24 wherein the first cushion includes a protrusion
2 that protrudes through the aperture.

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